



CITY OF ROCKVILLE CROSS COUNTRY LEAGUE RULES

I. AGE CATEGORY

- A. Girls and Boys in grades 1-6.

II. PLAYER ELIGIBILITY

- A. Any boy or girl who resides inside or outside the corporate limits of the City of Rockville is eligible to compete and will be assigned to a team in accordance with his/her age and school district.

III. ROSTERS AND FEES

- A. Individuals will register and then be placed a team according to his/her age and school district.
- B. Registration fee per participant is \$55 for City residents; \$65 for nonresidents.
- C. Registration deadline is August 17, 2017.
- D. Each team will consist of no more than 35 individuals.

IV. GENERAL

A. Meet and Schedule

Teams will participate in meets on Saturday mornings, beginning at 8am, rotating between the following sites: Rockville Civic Center Park and Woodley Gardens

Meet schedule is as follows:

October 6- Civic Center Park
October 13- Civic Center Park
October 20- Woodley Gardens
October 27- Woodley Gardens
November 3- Civic Center Park

Coaches, parents, participants encouraged to attend all meets

Practice Schedule

Teams will practice one time per week on Wednesdays beginning September 12 through October 31, 2012. Practices will be one hour in length from 5pm-6pm or 6pm-7pm depending on coach availability. All practices will take place at Rockville Civic Center Park. **Exception:**

Wednesday, October 17 practices will be held at Woodley Gardens Park. In addition, coaches will have the option of holding an additional practice on Tuesday, October 23, 2012 at Woodley Gardens Park in preparation for the Saturday meet. The Tuesday, October 23 practice at Woodley Gardens can be in addition to the regular Wednesday practice at Civic Center Park or it can replace the regularly scheduled Wednesday practice for that week.

Practice schedule is as follows:

Wednesday, September 12, 19 (Sept. 26- no practice due to holiday)

Wednesday, October 3, 10, 24, 31

Wednesday, October 17---practice at Woodley Gardens Park

Tuesday, October 23---practice at Woodley Gardens Park (coaches option)

B. Inclement Weather Policy

Teams are to attend all meets. Meets will run in most cases, even if it is raining. In case of severe weather, if possible, Meets “may be” rescheduled on Sunday following regular meet (coaches will be notified by email). For cancellation information, call **Sports Weather Information Line at 240-314-5055**.

C. Dress Attire

Only tennis shoes permitted. No bare feet. Exercise clothing recommended.

D. League Director- Jen Betts, Sports Supervisor, 240-314-8653

V. TEAM EVENTS AND MEET ORGANIZATION

- A. Girls and Boys grades 1-3 will run $\frac{3}{4}$ mile
Girls and Boys grade 4-6 will run 1 mile

- B. Race route will be determined prior to meets. Set routes will also be provided to coaches for practice days. Race routes will use natural terrain at hand. Course marshals will be spread out throughout the race route. Montgomery County Road Runners will conduct timing and scoring of meets at the start/finish line to record scores. Course will be marked off using spray paint and/or cones.

VI. AWARDS

- A. All Cross Country participants will receive a participatory ribbon and certificate at the last meet.

VII. GUIDELINES FOR PARTICIPATION

- A. Command for starting is “To your mark, set” and whistle; “To your mark”- the starter has decided that all contestants are ready to run; “Set”- all contestants take their starting position; whistle- start the race.
- B. Legal start is when no contestant has moved from his/her starting position until after the whistle. Legal finish is when a contestant crosses the finish line with any part of the body between the neck and hips; arms not included.
- C. Contestants are not to jostle or impeded another contestant’s progress.
- D. Parents are encouraged to watch the meets. Parents are not allowed on course.
- E. Team members are not allowed at the finish line. Team members are not allowed to run along the course route encouraging participants. There are timers and judges who must be able to see.